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Becoming an Outdoors-Woman Workshop

**Friday, September 29 – Sunday, October 1, 2006
4-H Leadership Center, Jabez, Kentucky**

These workshops are primarily aimed at women. But, we welcome and invite anyone who is 18 years or older to join us and explore opportunities to learn something about yourself, develop a new hobby and share the fun of traditional outdoor recreation associated with camping, hunting, fishing, and boating.

The Kentucky Department of Fish and Wildlife Resources
Host's this workshop with assistance from the
Kentucky Network of Outdoor Women and 4-H Kentucky, Leadership Center, Jabez, KY



SESSION DESCRIPTION

Please note some sessions will only be offered once (*) during the workshop.
All sessions offered Friday and Saturday will be 3½ hour sessions,
while sessions offered Sunday will be 3 hour sessions.



Intro to Archery

Whether you are coming into the world of archery for hunting or to learn an outdoor skill that could put you into the Olympics come join us on the archery range to learn terminology, equipment and quick techniques to hitting the bull's eye.

* Be a Survivor

This session will offer insight as well as understanding and basic skills to assist you in learning survival skills for home, on the road and in outdoor environments. Drink from a vine, build a shelter, start a fire and learn what to do to be prepared for any emergency anywhere. All this and more are waiting for you to learn so you can be a survivor.



Bee Keeping

We'll delve into the world of bee keeping. How the process goes from location to boxes to where to locate a hive, where to purchase a queen and the wonders involved in this tiny creature's creations of life's nectar, honey.

* Big Game Hunting

You'll learn how to begin your adventure by booking big game hunts and/or planning self-hunts for the budget minded, offer descriptions of large game animals, shot placement and the type of hunting equipment needed for your lifetime hunt.



Campfire Cooking

This session is for all of you who were wondering if you could cook without utensils or pans. We will use things such as broom handles and aluminum foil to cook on an open fire. We'll also teach you how to start a good cooking fire. Come ready to eat!



Canoeing

Learn how to canoe/kayak on Lake Cumberland. Discover how to navigate, paddle and upright a canoe. Experience the difference between kayaks and canoes while focusing on safety and fun. Life jackets are required and will be provided. Wear a swim suit or clothes which could get wet.

* Fly Fishing/Casting

This session will discuss fly fishing basics, casting techniques, equipment and what flies to use and when. We'll cover the basic mechanical principles necessary for fly casting and successfully make a forward cast with a fly rod as well as be shown all the necessary components for a fly fishing set up and introductory tactics. You will be casting like a professional before you know it. This is strictly a casting session.



Fly Tying

Learn how to tie flies for trout, bass and pan fish. You'll also learn how to be creative and make flies for framing and jewelry. During this session participants will be exposed to various types of flies and be able to recognize them and their uses, as well as discuss the general understanding of the basic principles of fly tying. You'll keep the flies you make.

Fun with Fishing 101

During this session you will learn about the use of live bait, lures, spinning rods and casting rods. We will discuss fish habitat and where to find different kinds of fish. You will also learn about the advantages of fishing from a canoe/kayak. You will get to utilize your new found skills by hitting the water. **Participants must have a valid Kentucky fishing license to participate in this session.** If you'd like to take this a step further sign up for Fun with Fishing 102

REGISTRATION FORM
PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone number(s): _____

E-mail: _____

Any special needs: Medical: _____

Physical: _____

I would like my roommate(s) to be: _____

EMERGENCY MEDICAL AUTHORIZATION

In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order necessary medical procedures, or surgeries, deemed necessary by the extent of the medical emergency. I give consent for the Kentucky Department of Fish and Wildlife Resources to provide medical attention, transportation and emergency medical services as warranted by the severity of the situation. To my knowledge, I am in good physical condition. I am not aware of a physical problem, disease or injury that would be aggravated, or result in my being injured, by participating in any of the BOW workshop programs except as designated below:

Pre-existing injury, illness or disease: _____

Medication allergies? _____

What medications are you currently taking? _____

Approximate date of your last Tetanus shot? _____

Insurance Company: _____

Name of policy holder & number: _____

I as the applicant recognize I may be exposed to some environmental/physical risk due to the nature of the workshop. I assume responsibility for all action or injury that may result from participation.

Applicant Signature

Date

Photographs and video will be used to document activities for support and promotional opportunities for the Becoming an Outdoors-Woman program during this event.

SESSION SELECTION

Please note: sessions with less than 4 participants are subject to cancellation.
If you have a preference of attending a session with a fellow participant please make that note on your registration form.

Please indicate your first (1) choice and an alternate (2) for each session

Friday, September 29th Session I (1:30 p.m.-5:00 p.m.)

- ☐ Be a Survivor
- ☐ Canoeing
- ☐ Fly Tying
- ☐ Fun with Fishing 101
- ☐ Hunting in Kentucky
- ☐ Landscaping for Butterflies, Birds and other Wildlife

Saturday, September 30th Session II (8:00 a.m.-11:30 a.m.)

- ☐ Bee Keeping
- ☐ Campfire Cooking
- ☐ Fly Tying
- ☐ Fun with Fishing 101
- ☐ Intro to Archery
- ☐ Intro to Rifle
- ☐ Intro to Shotgun
- ☐ Learning about Native American Heritage
- ☐ Tree and Plant Identification

Saturday, September 30th Session III (1:00 a.m.-4:30 p.m.)

- ☐ Bee Keeping
- ☐ Canoeing
- ☐ Fly Fishing / Casting
- ☐ Fun with Fishing 102
- ☐ Intro to Archery
- ☐ Intro to Rifle
- ☐ Intro to Shotgun
- ☐ Kentucky's Edible and Medicinal Plants

Sunday, October 1st Session IV (8:00 a.m.-11:00 a.m.)

- ☐ Big Game Hunting
- ☐ Campfire Cooking
- ☐ Fun with Fishing 102
- ☐ Kentucky's Edible and Medicinal Plants
- ☐ Know Your Hunting Equipment 101
- ☐ Landscaping for Butterflies, Birds and other Wildlife

Please complete both sides of this registration form and mail with check payable to the KY Department of Fish & Wildlife Resources (KDFWR). Mail to:

Kentucky Network of Outdoors Women (KNOW)

P.O. Box 1721

Frankfort, KY 40602

Attn: Beth Minch, BOW



Fun with Fishing 102

So you want to know more? Well, in this session you will learn how to identify Kentucky species as well as how to properly and efficiently filet fish with a filet and electric knife. The safe way to remove hooks for you and your catch, tackling the tackle box and preparing a meal fit for a ... Queen.

* Hunting in Kentucky

So you're ready to hit the woods but you want to know more about what's out there. From small game to the big, KY has it all. In this session we'll discuss what KY has to offer from squirrels to elk and all those in between including turkey, deer, dove, waterfowl and more.



KY's Edible and Medicinal Plants

Learn how to recognize and identify flowering plants and trees available in the outdoors for human consumption. Learn which ones have medicinal qualities as well. We will make a tincher and do several other hands on activities, plus take a hike around the grounds.

* Know your Hunting Equipment 101

During this session you will learn how to properly use and care for your own hunting equipment. Learn the basics from breaking down to what game is best hunted with what. From archery to handguns to long rifles you will be permitted to bring in your privately owned hunting equipment but **ONLY** during this session. **No live ammunition permitted.**



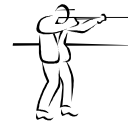
Landscaping for Butterflies, Birds and Other Wildlife

Monarch butterflies! Red-throated hummingbirds! Indigo Buntings! Learn how to use low-maintenance native plants to create a beautiful landscape that appeals to you, your

neighbors, and the wildlife that surrounds you. On Saturday, the last half of the class will be spent building a bluebird nest box and a platform birdfeeder. On Sunday, we will do hands-on landscape design (if possible, bring your yard dimensions).

* Learning about Native American Heritage

Learn about different Native American Artifacts and how they were used including how to skin and dry a squirrel hide using the old salt method and actual Artifacts. We'll also venture out into a plowed field to see if we can locate some of our own Artifacts. Make sure and wear old shoes. You will be shown how you can find what are truly a Native American Artifact and not just a piece of rock in the field.



Intro to Rifles

Hit your target with a rifle and experience the empowering world of target shooting. You will learn range safety and etiquette, gun handling and marksmanship techniques while practicing how to safely handle, load, shoot and clean rifles. Hearing and eye protection are required and provided.

Intro to Shotgun

In this session you will be provided basic information and practical training necessary to safely enjoy shooting a shotgun to break clay pigeons. Just sign up for great fun to learn about and practice safety on the range as well as how to safely handle and shoot different types of shotguns. Hearing and eye protection are required and provided.



* Tree and Plant Identification

Learn how easy it is to identify Kentucky's native plants and trees. You will receive a simple tree and wildflower identification book to get you started. We will hike around the grounds and do hands on identification.

REGISTRATION & SESSION CHECK LIST
FRIDAY, SEPTEMBER 29 – SUNDAY, OCTOBER 1, 2006
BECOMING AN OUTDOORS-WOMAN WORKSHOP
\$175.00

Friday, September 29

Registration	11:00 a.m. – 12:00 p.m.
Lunch and Welcome/Orientation to Workshop	12:00 p.m.
First Session	1:30 p.m. – 5:00 p.m.
Dinner	6:00 p.m.
Evening Group Activity	7:00 p.m.

Saturday, September 30

Breakfast	7:00 a.m. – 7:45 a.m.
Second Session	8:00 a.m. – 11:30 a.m.
Lunch	11:45 a.m.
Third Session	1:00 p.m. – 4:30 p.m.
Group Photo	4:45 p.m.
Dinner	6:00 p.m.
Evening Group Activity	7:00 p.m.

Sunday, October 1

Optional Service	6:30 a.m. – 7:00 a.m.
Breakfast	7:00 a.m. – 7:45 a.m.
Fourth Session	8:00 a.m. – 11:00 a.m.
Wrap-up/Farewell	11:30 a.m.

Registration one person per form, however photocopies are permitted. Registration includes: 2 nights accommodations, 6 meals (lunch Friday through Sunday breakfast), session materials, use of equipment & ammunition and professional instruction. Weather permitting all sessions will be outside so please come prepared and dressed appropriately. **Registration deadline is Monday, September 18, 2006. Registrations received September 19 through September 25 will result in a \$25.00 late fee.** Complete both sides of the registration form and send along with your check **payable to the Kentucky Department of Fish & Wildlife Resources (KDFWR).** Mail to **KNOW, P. O. Box 1721, Frankfort, KY 40602, attn: Beth Minch, BOW.** Questions or concerns – Please call 1 800 858-1549 and ask for Naomi Downey or e-mail Beth Minch, BOW Coordinator at beth.minch@ky.gov

Cancellation deadline is Monday, September 25. You will receive a full refund if we are notified no later than close of business September 25 of your cancellation. After that time a \$50 processing fee will be deducted from your refund. Workshop no-shows will not receive a refund.

Overnight accommodations are dorm style and include bunk beds. Rooms hold 1 to 4 participants. Please note on your registration form if you have a particular person(s) you would like to room with otherwise roommates will be assigned as registrations are received.

Confirmation will be sent upon receipt of your registration and payment in the form of a letter or e-mail confirming your session selection's along with a map to the KY Leadership Center.

The Kentucky Department of Fish and Wildlife Resources is funded through the sale of hunting and fishing licenses and boat registrations. KDFWR receives no general fund tax dollars. KDFWR does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities.



